



Manor Academy
Aspire Achieve Excel

Well Being Matters

Issue 8 – 8 June 2020

Good morning and welcome to issue 8 of our well being newsletter.

This week, I just want to focus on a technique which is well know to check up on your mental health. Just as we might have a check up at the dentist or doctors, its important that we check in ourselves on our mental health, so that if there's an issue we can do something about it. The sooner we address any problems, the quicker it will be to fix. Links are given in the diagram to help! Stay Safe! Mrs Meredith:-)

WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

#ADDRESS YOUR STRESS

Where's my mental health today?

How do I feel today?

Mentally? _____

Physically? _____

Looking after my wellbeing

Am I drinking enough water and eating a balanced diet? _____

How did I sleep last night? _____

Did I feel rested when I woke up? _____

Is there anything I can improve? _____

How's my thinking today?

How are my thoughts making me feel? _____

Am I having unhelpful thoughts? _____

Check out getselfhelp.co.uk or moodgym.com.au for free resources on spotting and challenging unhelpful thoughts

My Stress Container

How full is my container? _____

Am I using helpful coping strategies? _____

Are they working? _____

Learn about your stress container here: mhfaengland.org/mhfa-centre/campaigns/mhaw2018



There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

Your worries:

Remember you can contact us on this email if you need any support with your well being:

wellbeing@themanor.notts.sch.uk

Weekly Check-Up

Think about the emotional signs—would the people close to you describe you currently as more irritable or tearful; more argumentative or to have lost your sense of humour or confidence?

Think about the behavioural signs—have you been consuming more caffeine (coffee/energy drinks); indecisive or have an inability to concentrate; or do you have difficulty remembering things?

Also consider the physical signs—do you have constant tiredness; frequent headaches or stomach upsets or have you taken a lack of care over your appearance recently?

If you answer yes to some of these, it may be a sign that your mental health is starting to deteriorate. Discuss this with people at home, your tutor when they make contact with you, or contact the well being email address for support. Most importantly though—you must do something—don't just ignore it and hope the problems will go away!